

CHECK A BOX EVERY DAY YOU DO YOUR INSANITY WORKOUT.

MONTH 1

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	CARDIO POWER & RESISTANCE	CARDIO RECOVERY	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	OFF
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CARDIO POWER & RESISTANCE	PURE CARDIO	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PURE CARDIO & CARDIO ABS	OFF
Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FIT TEST	PLYOMETRIC CARDIO CIRCUIT	PURE CARDIO & CARDIO ABS	CARDIO RECOVERY	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	OFF
Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	PURE CARDIO & CARDIO ABS	CARDIO POWER & RESISTANCE	PLYOMETRIC CARDIO CIRCUIT	CARDIO RECOVERY	PURE CARDIO & CARDIO ABS	PLYOMETRIC CARDIO CIRCUIT	OFF

RECOVERY WEEK

Recovery	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	CORE CARDIO & BALANCE	OFF

MONTH 2

Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FIT TEST & MAX INTERV CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDITIONING	MAX RECOVERY	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	OFF
Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MAX CARDIO CONDITIONING	MAX INTERVAL CIRCUIT	MAX INTERVAL PLYO	MAX RECOVERY	MAX CARDIO CONDI + C.ABS*	CORE CARDIO & BALANCE*	OFF
Week 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	FIT TEST & MAX INTERV CIRCUIT	MAX INTERVAL PLYO	MAX CARDIO CONDI + C.ABS*	MAX RECOVERY	MAX INTERVAL CIRCUIT	CORE CARDIO & BALANCE*	OFF
Week 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MAX INTERVAL PLYO	MAX CARDIO CONDI + C.ABS*	MAX INTERVAL CIRCUIT	MAX RECOVERY	MAX INTERVAL PLYO	MAX CARDIO CONDI + C.ABS*	OFF

* If you have the DELUXE package, you can replace Cardio Abs with Insane Abs, and Core Cardio & Balance with Max Interval Training